



3rd and 4th Grade Youth Volleyball League Rules

Eligibility: Principals may make a player ineligible due to poor grades or disciplinary action.

Participation: Each player must receive equal playing time. Teams consist of six players on the court with substitutes entering the middle back row. Each player must play in the proper set rotation.

Philosophy & Goals: The league is designed to teach basic skills, game rules, fair play, sportsmanship and teamwork, and, most importantly, the league is designed for fun! With your help, each child will leave the program with a “love for the game” along with the knowledge of the basic skills and rules.

Match Rules:

1. All matches will consist of 3 sets each played to 25 points with a winner by 2 points. We will be using Rally Point scoring in each set. Cap at 27.
2. If the three sets are completed before 50 minutes are up, play can continue until the time is complete.
3. Matches are played on a regulation size court with a net height of 7 feet.
4. Players may serve from six feet in front of end line. Serves must be underhand, and, if a server scores 5 consecutive points, there will be a side out and opponents will serve. Overhand serving is not allowed.
5. Correct hitting techniques should be stressed in practice. Ball handling will be called loosely so that players can get a feel for the game.
6. Any contact with the net is a violation.
7. Three (3) hits are allowed before the ball crosses the net.
8. The ball may be played off the ceiling if it remains on your side.
9. Coaches may request one timeout per set.
10. If an official does not show up by match time, please start the match and ask for a volunteer to keep score. Scoreboards are in the storage room. No shows may happen, and it is difficult to find a replacement with short notice.

Coaches' Guidelines:

All volunteers will be treated as Park District staff and must follow these guidelines:

Be punctual. Coaches must arrive at least 10 minutes before the players and leave only after all players have left. Keep the player's contact information with you for emergencies.

Present yourself appropriately in dress, cleanliness, and behavior. Wear proper shoes and clothing.

Fulfill job responsibilities and promote the program, staff, and Park District in a positive manner.

Bring new ideas, suggestions, or concerns to the Site Coordinator or Recreation Supervisor.

Find a qualified substitute if you cannot attend a scheduled practice and/or match and notify the Recreation Supervisor. Assistant coaches or substitute coaches need to fill out a background check and return to the park district office.

Recreation Supervisor.

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